

LETTING GO

HOW PURGING YOUR HOME CAN LIFT YOUR SPIRITS & HELP YOUR COMMUNITY



By Judy Faulkner, Broker of Record

Preparing a home for sale often begins with decluttering. As a Realtor, I see firsthand how removing excess belongings can transform a living space. Rooms feel larger, light flows more freely, and the entire home takes on a calm and inviting atmosphere. Buyers are better able to imagine their own lives unfolding there.

Most of us accumulate more things than we realize. Closets fill quietly, drawers become crowded, and before long we are surrounded by items we no longer use, need, or even remember collecting. Excess belongings can weigh on us, create stress, and steal our joy in subtle ways. Letting go of items that no longer serve us is not just about tidying up. It serves a greater purpose.

Letting go is rarely easy. Many items carry memories, and some feel too good to throw away, or we believe they may be useful one day. Passing things along gives them a second life. The process becomes less about loss and more about generosity.

One wonderful way to do this is through the local Facebook community group Buy Nothing The Glebe, which is devoted to giving freely. You can post almost anything and see if someone nearby is interested. Many people are touched by the gratitude of a neighbour who meets you at their door. It is a simple exchange, yet it often feels meaningful and personal.



The Great Glebe Garage Sale is another terrific opportunity to sell and recycle items. It is a festive community building event that transforms decluttering into something positive and impactful. The Glebe Community Association encourages participants to voluntarily donate a portion of their proceeds to the Ottawa Food Bank, and tax receipts are issued for donations. The event draws thousands and fills the streets with treasure hunters, street food, buskers, and music. The neighbourhood feels energized and connected.

We also keep a resource of charitable organizations that are actively seeking donations, including tools, books, musical instruments, clothing, furniture, and almost everything in the kitchen, even prescription eyeglasses. In addition, there are safe recycling programs that dispose of electronics, paint, and other materials that should not go to landfill. With so many options available, it is easier than ever to ensure items are reused, repurposed, or responsibly recycled.

Despite this, the task of purging remains overwhelming for many people, especially when preparing a home for sale. The good news is that help is available. Having a coach or cheerleader at your side can make the process manageable and even enjoyable. There are a growing number of small companies that focus on organizing, sorting, and thoughtfully distributing items to charities that will benefit most. Some can also arrange appraisals, while auction companies may be well suited for items of value.

The rewards of letting go can be significant. As the angst lifts, your home begins to shine, and so do you. Letting go is not just about removing things. It is about creating space for something new. If you do choose to sell, your efforts can enhance both the appeal and the value of your home. Quite often, after helping an owner prepare their property for sale, they say, "I don't want to sell anymore. I love it now."